

HELPING YOUR CHILD WITH BULLYING

Parent Workshop

Friend to Friend Program



TODAY'S WORKSHOP

- Defining Bullying
- Bullying vs. Conflict
- Types of Conflicts
- Cyberbullies and Cyber Victims Comparison
- Case Example
- Recognizing Warning Signs
- Understanding Why Your Child May Not Confide in You
- Acting Against Bullying
- Key Takeaways

DEFINING BULLYING

Happens
repeatedl
y

**Intentional
aggressive
behavior
directed at
another child**

Power
imbalance



Children's Hospital
of Philadelphia®

Center for Violence Prevention

CONFLICT VS BULLYING

CONFLICT

IS MEAN BEHAVIOR THAT...

- COMES OUT OF A DISAGREEMENT OR MISUNDERSTANDING
- HAPPENS 1 TIME OR EVERY SO OFTEN
- PART OF EVERYDAY LIFE
- NOT PRE-PLANNED

BULLYING

IS MEAN BEHAVIOR THAT IS...

- REPEATED
- ON PURPOSE
- RELATED TO DOMINANCE OR STATUS
- RELATED TO AN IMBALANCE OF POWER

TYPES OF CONFLICT

Physical

- Hitting, kicking, pushing, threatening
- Has a beginning and end
- More boys than girls use this form of aggression

Verbal

- Insults or mean words
- Said face to face
- Has a beginning and end
- Both boys and girls

MORE TYPES OF CONFLICT

Social

- Rumors
- Exclusions/leaving someone out
- Can be ongoing
- More girls than boys use this form of aggression
- Harder to identify

Cyber

- Social aggression carried out by text or online
- Aimed at hurting other kids' feelings, friendships, or reputation
- Via cell phone, computer, or video game

CYBER BULLYING

Cyber-Bullies

- AT HIGH RISK FOR BEHAVIOR PROBLEMS
- OFTEN VICTIMS TOO



Cyber-Victims

- DEPRESSION
- ANXIETY
- OFTEN DO NOT REPORT

EXAMPLE SCENARIO

Tyron accidentally bumps into James while they are standing in line. James says, “Watch where you’re going, stupid.” Tyron ignores him. Then as Tyron is walking back to his seat, James trips him and says, “I told you to watch where you’re going.” Tyron gets in James’ face and says, “You got a problem?” James says, “Yeah, you!” and pushes him.

They start to fight.

CASE EXAMPLE DISCUSSION

**Is this an example of
bullying or just conflict?**

Why?

CASE EXAMPLE CONCLUSION

This is just a conflict because to our knowledge this is the first time this has happened and when it is bullying it is done repeatedly.

WHAT TO DO: TOP THINGS TO KNOW & CONSIDER

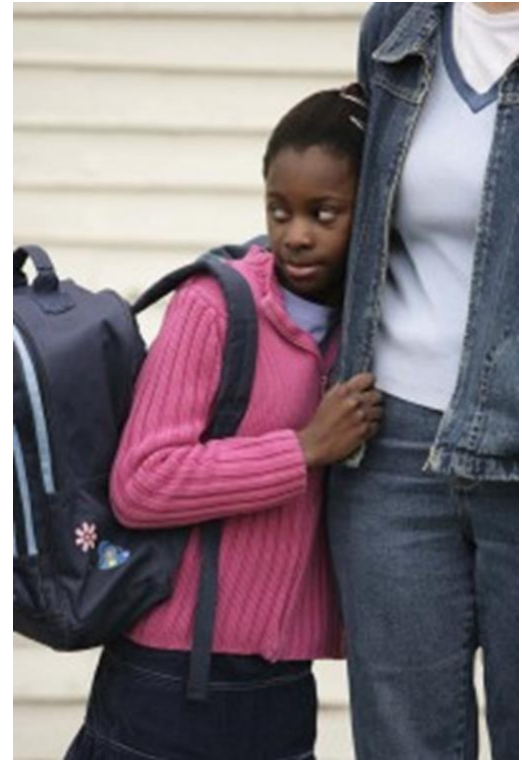


RECOGNIZE WARNING SIGNS

- Changes in eating or sleeping
- Headaches and stomach aches
- Avoiding school
- Declining grades
- Complaints about peers
- Complaints about lunch and recess
- Unexplained bruises or injuries

UNDERSTAND WHY YOUR CHILD MAY NOT CONFIDE IN YOU

- Embarrassed
- Afraid parent will over-react
- Afraid parent will confront others
- If bullying, it may be working



STAY CALM & BE A STRONG ADVOCATE FOR YOUR CHILD

- Initial response
- Take it seriously
- Listen to your child before reacting
- Do not contact parents of bully
- Support your child
- Check in with your child each day
- Take a problem-solving approach
- Assess the situation - is it a conflict or bullying?
- Write it down

STAY CALM & BE A STRONG ADVOCATE FOR YOUR CHILD

- Ask your child about the bullying:
 - Describe it
 - What led up to this?
 - Where did it occur?
 - How long has it been going on?
 - How have you tried to deal with it?
 - Did you report it to an adult at school?

STAY CALM & BE A STRONG ADVOCATE FOR YOUR CHILD

- Work with the school
- Contact school administrator(s) to work with them on a plan
- Help support and contribute to the school's plan

PARTNER WITH THE SCHOOL TO ADDRESS CONCERNS

- Set up a plan
- Ask questions



PARTNER WITH THE SCHOOL TO ADDRESS CONCERNS

Set up a plan:

- Meet with school administrators
- Take a trusted friend with you
- Ask school to designate a safe point person for your child
- Remind administrators that you do not wish for your child to be viewed as a snitch or tattletale
- Agree how you and the school will monitor progress
- Follow-up with an email summarizing next steps

PARTNER WITH THE SCHOOL TO ADDRESS CONCERNS

- Support the school's investigation as appropriate

Questions to ask:

- Who will conduct the investigation?
- Will there be a joint meeting with the other child's parents?
- How long will the investigation take?
- What is the best way to follow-up?
- What should I tell my child?
- What will be done to ensure that the other child acts differently toward my child?
- How will my child and I know this has been addressed?

KEEP LINES OF COMMUNICATION OPEN

- Understand your child's social and school experiences
- Be a good listener
- Be non-judgmental
- Understand how they spend free-time
- Ask about gossip in texts



TAKE AWAY POINTS



- Fighting is a strategy which sometimes works short-term but can and usually does escalate over time
- Building relationships with teachers, administrators, and even your children's friends supports a problem-solving approach
- Getting a head start on building these relationships before something happens is the best prevention

THANK YOU!

Special thanks to the children and families who have generously participated in our studies and programs.

LEARN MORE

For additional information about Friend to Friend or to access more bullying prevention resources, please visit violence.chop.edu

CH Children's Hospital of Philadelphia
Center for Violence Prevention

ABOUT CVP RESEARCH AND PROGRAMS TRAUMA-INFORMED CARE TYPES OF VIOLENCE EDUCATIONAL RESOURCES

SUPPORTING SAFE, STRONG YOUTH

Explore our research and programs.

- Bullying Prevention
- Intimate Partner Violence Prevention
- Assault Injury Prevention
- Gun Safety
- Suicide Prevention
- Affiliated Programs

OUR MISSION

The mission of our Center is to reduce the exposure to and impact of violence among children, teens, and families. We conduct community-focused research and design innovative, evidence-based programs that are implemented, disseminated and sustained across clinical, school and neighborhood settings. Our work is trauma-informed and rooted in racial equity and social justice.